

## Objective 27: Reduce diabetes-related emergency department visits

Maryland SHIP Vision Area 5: Chronic Disease  
Tools, Resources, and Promising Practices  
updated February 2012

### Tool Intended Audience

General Public

Clinicians

Planners



### **Information, Facts, and Figures**

#### The Community Guide: Diabetes

Information on diabetes interventions reviewed by the CDC's Community Guide and related findings from the Community Guide Task Force.



#### American Diabetes Association

Information and educational resources to learn more about preventing and treating diabetes.



#### National Diabetes Education Program

Provides free diabetes information and resources. Includes search tools to help users find information specific to their needs.



### **Promising Practices**

#### School Wellness Policies

Provides an overview of school wellness policies and its purposes. Also provides information on the requirements for local school wellness policies and implementation guidance.



#### National Database of Local Nutrition and Physical Activity Policies

Provides information on local policies related to nutrition and physical activity. Users can search by topic, state, year, jurisdiction, keyword, and environment.



#### Vermont Diabetes Information System (VDIS)

Uses the Chronic Care Model to share information from laboratories, provide automatic test interpretation, use mail and fax to reach providers and patients as necessary, remind of needed care, and provide reports to providers and patients regarding diabetic outcomes and care.



#### Chronic Care Clinics

Diabetic patients attended chronic care clinics in their physicians' offices for assessment, see a physician, pharmacist, and nurse, attend support group meetings, and receive care plan from a nurse every 3-6 months.



#### REACH 2010: Charleston and Georgetown Diabetes Coalition

Partnership between agencies, community groups, and patients focusing on disparities in diabetes among African Americans using community development, education, and empowerment.



#### "Is it Safe to Wait?" Program

Provides information and education to at-risk Medicaid patients who previously visited ER about other options, helps them obtain a primary care provider, provides a list of urgent care clinics, and maintains a website with information.



[Indiana Chronic Disease Management Program](#)

Medicaid enrollees with chronic diseases, such as diabetes, utilize call centers, nurse case managers, and a provider management program to manage care and may move to lower care intensity after demonstrating success.



[Diabetes Screening in Schools](#)

Students entering eighth grade would be required to receive a screening test for pre-symptoms of diabetes. This test would be administered during their annual physicals and results would be stored in the student's clinical portfolio.



[Behavioral and Social Approaches to increase Physical Activity](#)

Aims to increase physical activity and to teach behavioral skills to help participants incorporate physical activity into their daily routines. The programs are tailored to each individual's specific interests, preferences, and readiness for change.



**Personalized Tools**

[Living with My Type 2 Diabetes](#)

A conversation about living with Type 2 diabetes. Includes diaries, personal stories, and links to get more information about living with Type 2 diabetes. Video series showing personal stories about Type 2 diabetes.



[Our Voices: Type 2 Diabetes](#)



**Spanish Tools**

[American Diabetes Association en Español](#)

Information and educational resources in Spanish to learn more about preventing and treating diabetes.



[National Diabetes Education Program](#)

Provides free diabetes information and resources in Spanish. Includes search tools to help users find information specific to their needs.



[Mi Plato](#)

Provides diet and nutrition information in Spanish and links users to tools to improve their nutrition and food choices.



**Toolkits**

[The New Soul Food Recipe Sampler for People with Diabetes](#)

Diabetes-friendly and culturally relevant recipes, Especially for African Americans.



[Choose My Plate](#)

Diet and nutrition information as well as tools to improve nutrition and food choices.



[Food Super Tracker](#)

Provides users with personalized nutrition and physical activity plans, food trackers, tips, and support to make healthy food choices.

